

## Swedish MeatballsR75

Number of Servings: 75 (176.63 g per serving)

Amount	Measure	Ingredient
15 1/2	lb	Beef, ground, hamburger, raw, 10% fat
8.00	cup	Bread Crumbs, plain
22.00	ea	Eggs, whole, raw, lrg
2.00	cup	Onion, white, fresh, chpd
8.00	cup	Soup, cream of mushroom, rduced sod, cond, cnd
8.00	cup	Water, municipal

### Nutrients per serving

Nutrition Facts	
Serving Size 2 meatballs serving (177g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 250</b>	<b>Calories from Fat 110</b>
% Daily Value*	
<b>Total Fat 12g</b>	<b>18%</b>
Saturated Fat 4.5g	23%
Trans Fat 0.5g	
<b>Cholesterol 125mg</b>	<b>42%</b>
<b>Sodium 280mg</b>	<b>12%</b>
<b>Total Carbohydrate 11g</b>	<b>4%</b>
Dietary Fiber 1g	4%
Sugars 1g	
<b>Protein 23g</b>	
Vitamin A 2%	Vitamin C 0%
Calcium 4%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Notes

- \* Bread crumbs, dry ground (above measurement) = 1# 8 oz bread, dried and ground
- \* Each 4 eggs = ~1 cup

Combine ground beef, bread crumbs, eggs, & onions and mix on low speed until blended. Do not overmix. To make Swedish Meatballs use #16 scoop to portion amount to be made into meatballs. Place on single layer on baking pans and brown in hot oven at 400 degrees F for 15-20 minutes. Transfer to counter pans, 25 serv/pan.

Combine condensed cream of mushroom soup with hot water and pour over hot meatballs. Put back in 400 degree oven and TURN OVEN DOWN to 350 degrees F. Bake for 1 hour or until internal temperature is 180 degrees F.

Serve 2 Swedish Meatballs per serving with 1 to 2 oz (1/8 to 1/4 c.) soup gravy/serving.